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CRITICAL ISSUES IN HEALTH

Your health today / Michael L. Teague, Sara L.C. MacKenzie, David M. Rosenthal.

Call # RA440 .T43 2011

CODE NO.

TITLE

CHAPTER 1: Health in a Changing Society

Personal Health in Context; Health and Wellness; Understanding Health-Related Behavior Related Change

DVD41.1 **CREATING ALL-AROUND WELLNESS (SERIES) - c2001**
PROMOTING HEALTHY BEHAVIOR (*Introduces the basic concepts of health and wellness; introduces the viewer to the factors that affect personal health and an awareness of what can and cannot be controlled; invites the viewer to take a proactive role in their personal health.*) - **29 min.**

Health Challenges in a Changing Society

DVD41.2 **ACHIEVING PSYCHOSOCIAL HEALTH** (*Defines psychosocial health and how it can be achieved; also looks at the internal and external factors that influence it, as well as the ways it can be enhanced.*) - **29 min.**

DVD41.4 **KEEPING FIT** (*This program describes the basic components of physical fitness and the numerous benefits that come from regular physical activity...*) - **29 min.**

DVD41.8 **PRACTICING PROACTIVE CONSUMERISM: HEALTHCARE**
(*This program seeks to demystify the complexities of America's healthcare system by offering information on healthcare organizations, types of health insurance, common legal and ethical considerations, your rights as a health consumer as well as definitions of essential medical terminology.*) - **29 min.**

DVD41.5 **ACCEPTING LIFE'S TRANSITIONS** (*This program takes a look at the aging process from start to finish, defining age from the viewpoints of biology, psychology, society functionality and the law.*) - **29 min.**

DVD41.7 **THINKING GLOBALLY, ACTING LOCALLY ABOUT YOUR ENVIRONMENT**
(*This program examines the major environmental problems facing the U.S. today and the possible health hazards associated with many of the ecological environments such as groundwater, hazardous wastes, and ozone.*) - **28 min.**

CHAPTER 1: Health in a Changing Society Continued

V3325/DVD498 **NUTRITION BASICS: THE ABC'S OF EATING RIGHT** – 21 min, c1996

FILMS ON DEMAND

<http://bcc-libweb.bcc.cuny.edu/index.html>

Project Nutrition for Life

1. **The Importance of Good Nutrition**
2. What happens when you don't Eat Properly?
3. Benefits of Proper Nutrition
4. What Do You Typically Eat?
5. Tips for a Balanced Diet
6. Balancing Exercise and Diet
7. **Read Food Labels**
8. Healthy Snack Tips

- DVD181** **DIET WARS** (*Americans spend \$40 billion a year on books, products, and programs designed to do one thing: help us lose weight. From Atkins to Ornish and Weight Watchers to the Zone, today's dieters have a dizzying array of weight loss programs from which to choose—yet the underlying principles of these diets are often contradictory. Is low fat better than low carb? Is Atkins the answer? And has the USDA FOOD PYRAMID done more harm than good? In Diet wars, Frontline examines the great diet debate*) -60min, c2004
- DVD60** **HIGH TECH FOODS: IS GENETICALLY ENGINEERED FOOD SAFE?** (*Fast-tracked by the FDA, genetically modified organisms GMOs are fast becoming America's main food supply. This program looks at both sides of the GMO controversy.*) – 13 min, c2000
- DVD61** **THE GENETIC TAKEOVER: MUTANT FOOD**
(*This program explores the continuing controversy over GMOs and its impact on the American food industry and consumers.*) - 52 min, c2003
- DVD13** **EMOTIONAL SELF-CONTROL: DO YOU HAVE IT?** (*four elements of self control are examined and discussed*) - 22 min, c2002
- V3100** **FOUR STAGES OF PERSONAL GROWTH** w. Les Brown – 49 min, c198-?

Chapter 2: Your family Health History

Your Family Health History

YOUR WAKE-UP CALL (electronic resource)

A public service announcement in which actor Terrence Howard relates his family's experience with colorectal cancer, and urges screening for prevention.

<http://purl.fdlp.gov/GPO/gpo6838>

You and Your Genes; The Basics of Heredity; The Human Genome Project; The Role of Mutations

V3256

SECRET OF PHOTO 51

On April 25, 1953, James Watson and Francis Crick published their groundbreaking discovery of the double helix structure of DNA, the molecule essential for passing on our genes and the secret of life. But their crucial breakthrough depended on the pioneering work of another biologist, Rosalind Franklin. She would never know that Watson and Crick had seen a crucial piece of her data without her permission. This was an X-ray image, Photo 51 that proved to be a vital clue in their decoding of the double helix. Contains interviews, historical photographs and reenactments. *-60 min, c2003*

V3180

CRACKING THE CODE OF LIFE

Describes the race to decode human DNA and raises questions of whether or not we may want to know what's in our genes and whether decoding DNA will lead to cures. *-120 min, c2001*

Genetic Inheritance

DVD296.2

INVESTIGATIONS IN MICROBIOLOGY (SERIES) **MOLECULAR BIOLOGY**

This program shows the various types of gene reproduction and examines the gene responsible for blood clotting. *-45 min, c2001 (also in VHS: V3137)*

DVD296.5

FREE RADICALS

Free radicals are an important weapon in the immune system, but they can also cause chemical reactions that lead to damage of fatty acids, DNA mutation, and protein destruction. *-31 min, c2003*

DVD296.6

CANCER & METASTASIS

Studies the biological processes by which the body reproduces cancerous tumors, and summarizes the results of current research. Computer animation illustrates how a normal cell becomes cancerous. *-39 min, c2004*

DVD296.7

ONCOGENES

Discusses how the chemical alteration of oncogenes in human cells causes the growth of cancerous tumors. Toxic substances, radiation, viruses, and inherited genetic defects are examined as factors causing such alteration. Mechanisms by which the altered forms overrule normal cell regulation are illustrated through microscope views and computer animation. Provides specific information on cell cycle, cell division, growth factors, receptors, protein kinase, phosphatase, G-proteins, transduction processes, src-, ras-, and raf-oncogenes, and signal transduction. *-33 min, c2003*

CHAPTER 3: Mental Health and Stress

What is Mental Health

- DVD117** **KILL OR CURE: A HISTORY OF MEDICAL TREATMENT: MADNESS: A History**
 This segment of the five-part series presents a history of medical treatment. This program follows the long, often grim road towards understanding and treating mental illness. Through testimonials, original manuscripts, photos, and extensive footage from medical archives, leading doctors and medical historians trace the history of asylums, the development of psychoanalysis, electroconvulsive therapy, and the rise of psychopharmacology. *-51 min, c2005*

The Brain's Role in Mental Health and Illness

- THE SECRET LIFE OF THE BRAIN (SERIES)**
 This series explores the startling new map of the brain that has emerged from the past decade of neuroscience and shares a revelatory view of this most complicated organ, which now contradicts much of what we previously believed. Narrated by actress Blair Brown, the series tells stories through a mix of personal histories, expert commentary and cutting-edge animation. Viewers will not only learn startling new truths about the brain, they will voyage inside it. **(5 hours; c2002)**
- DVD190.1** **Episode One: THE BABY'S BRAIN: WIDER THAN THE SKY**
DVD190.2 **Episode Two: THE CHILD'S BRAIN: SYLLABLE FROM SOUND**
DVD190.3 **Episode Three: THE TEENAGE BRAIN: A WORLD OF THEIR OWN**
Episode Four: THE ADULT BRAIN: TO THINK BY FEELING
Episode Five: THE AGING BRAIN: THROUGH MANY LIVES

Mental Disorders and Treatment; Mood Disorders; Anxiety Disorders; Addiction....

- V1403.12** **MOTIVATION AND EMOTION** (*Discovering Psychology*) – 28 min, c1989
- WORLD OF ABNORMAL PSYCHOLOGY (SERIES)**
V2747.2 **ANXIETY DISORDERS** (*World of Abnormal Psychology*) – 60 min, c1991
V2747.4 **MOOD DISORDERS** (*World of Abnormal Psychology*) – 60 min, c1991
V2747.6 **PSYCHOTHERAPIES** (*World of Abnormal Psychology*) – 60 min, c1991

Mental Disorders and Treatment; Mood Disorders; Anxiety Disorders; Addiction....

- V2345.2** **UNDERSTANDING DEPRESSION** (*No More Shame*) – 21 min, c1995
V2346 **SCHIZOPHRENIA AND DEPRESSION** – 23 min, c1995
V2366 **DEPRESSION AND MANIC DEPRESSION** – 28 min, c1996
V2811 **SAD, ANGRY, LONELY AND SCARED: THE MASKS OF DEPRESSION**
-29 min, c1997
- DVD110** **REDUCING STRESS** – 19 min, c2004
DVD 247.1 **STRESS MANAGEMENT** – 10 min, c2004
DVD333 **THE PAIN OF DPRESSION A JOURNEY THROUGH THE DARKNESS** - 57min, c2007

CHAPTER 3: Mental Health and Stress Continued

Psychotherapy; Medications

V2368 **STEP ON A CRACK** (*obsessive compulsive disorder*) – 28 min, c1996**DIAGNOSIS ACCORDING TO THE DSM-IV (SERIES)**

Features 10 interviews with 10 real psychiatric patients, each with a different condition.

Demonstrates how to collect the information needed to make a diagnosis and how to organize the information to distinguish one disorder from another. A roundtable discussion follows each interview. -195 min, c1994

V2624.1 **Major Depressive Disorder; Bipolar I Disorder; Male Sexual Dysfunctions**
-69 min.**V2624.2** **Panic Disorder; Obsessive Compulsive Disorder; Schizophrenia;**
Amnestic Disorder -68 min.**V2624.3** **Antisocial personality Disorder; Substance Dependence (alcohol); Anorexia**
Nervosa -58 min.**RECOGNIZING THE DSM-IV TR: PERSONALITY DISORDERS**

It contains 6 hour seminars -- Introduction and role of the non-physician mental health professional -- Diagnostic criteria of all personality disorders and DSM-IV-TR approach -- cluster a disorders odd-eccentric -- cluster c disorders anxious, fearful -- cluster b disorders erratic, dramatic, emotional. -360 min, c2005

DVD282.1 **Introduction, Diagnostic Criteria & Cluster A****DVD282.2** **Cluster C & B; Treatment of the Borderline**

What is Stress; Stress and Your Health.....

DVD41.3 **CREATING ALL-AROUND WELLNESS (SERIES)** – c2001
COPING WITH STRESS (*While a certain amount of stress can enhance performance and productivity, it can also be harmful to your health. This program analyzes the role of stress in day-to-day life, identifying the sources of stress as well as some techniques for managing it.*) - 30 min.**DVD41.6** **STEMMING VIOLENCE AND ABUSE** (*This program offers insights and suggestions that can stop dangerous incidents before they start ranging from campus crime, domestic abuse, date rape, and other factors.*) – 29 min.**V2747.1** **THE NATURE OF STRESS** (*World of Abnormal Psychology, Part 2*)
(*What are the causes of stress and how does it affect the human body is explored and explained.*) - Please note that this program is PART 2 and you have to fast-forward to this segment.) - 30 min, c1992**DVD110** **REDUCING STRESS** - 19 min, c2004**DVD134** **HYPERTENSION: THE FACTS** – 28 min, c2003**DVD405** **MANAGING STRESS** -19min, c2005

CHAPTER 4: Spirituality

What is Spirituality?

DVD 412 **THE VOICE: HUMANITY IS ABOUT TO MAKE a QUANTUM LEAP**
-180 min, c2008

Spirituality in Everyday Life

Thomas Moore: DISCOVERING EVERYDAY SPIRITUALITY
(SERIES) *-45 min ea, c1996*

V2288.1 **STORY-** Stories have the power to heal and set free.

V2288.2 **PLACE** – By paying attention to our homes and neighborhoods we discover the spiritual geography of our lives.

V2288.3 **ACTIVITY** – All our activities – work, art, or chores can enhance and deepen our spiritual lives.

V2288.4 **RITUAL** – rituals give order and meaning to our lives, linking our inner and outer worlds.

Happiness and Life Satisfaction

THIS EMOTIONAL LIFE: In Search of ourselves...and Happiness

This program explores ways to improve our social relationships, cope with emotional issues, and become more positive, resilient individuals in these difficult times. -360 min, c2009

DVD516.1 **FAMILY, FRIENDS, & LOVERS**

DVD516.2 **FACING OUR FEARS**

DVD516.3 **RETHINKING HAPPINESS**

Health Benefits of Spirituality

V3500.5 **SPIRITUAL CAREGIVING: FINDING TRUTH AND MEANING**

"Our spiritual leaders and communities of every denomination give us strength through the hardest parts of our caregiving journeys. Among the spiritual caregivers portrayed in this video is Rev. Lois Knutson, who ministers to the elderly in Minnesota, and a church sponsored AIDS support group in southern California, helping afflicted patients transition into effective caregivers.
-25 min, c2003

Death and Dying

ON OUR OWN TERMS: MOYERS ON DYING (SERIES)

[1] **Living with Dying:** Describes the search for new ways of thinking and talking about dying. Forgoing the usual reluctance that most Americans show toward speaking about death, patients and medical professionals alike come forward to examine the end of life with honesty, courage, and even humor, demonstrating that dying can be an incredibly rich experience for both the terminally ill and their loved ones. [2] **A Different Kind of Care:** Presents important strides being made in the area of palliative care at pioneering institutions such as New York's Mt. Sinai Hospital and Memorial Sloan-Kettering Cancer Center. These advances are bringing peace to those who fear that they will be a burden to loved ones, will suffer needlessly, or will be abandoned in their hour of greatest need. [3] **A Death of One's Own:** Unravels the complexities underlying the many choices at the end of life, including the bitter debate over physician-assisted suicide. Three patients, their families, and their doctors discuss some of the hardest decisions, including how to pay for care, what constitutes humane treatment, and how to balance dying and dignity. [4] **A Time to Change:** Presents crusading medical professionals including staff

CHAPTER 4: Spirituality Continued**ON OUR OWN TERMS: MOYERS ON DYING (SERIES)**

members of the Balm of Gilead Project in Birmingham, Alabama, who have dedicated themselves to improving end-of-life care by changing America's overburdened health system.

-90min ea, c2000

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| DVD481.1 | LIVING WITH DYING |
| DVD481.2 | A DIFFERENT KIND OF CARE |
| DVD481.3 | A DEATH OF ONE'S OWN |
| DVD481.4 | A TIME TO CHANGE |

V2688	BEFORE I DIE: MEDICAL CARE AND PERSONAL CHOICES
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In homes, hospitals, and courtrooms, the process of dying in America is being fiercely contested. Through the experiences of three hypothetical patients, you'll examine difficult issues including physician-assisted suicide, final treatment options, and advance directives. Then draw on the insights of doctors, nurses, ethicists, and spiritual advisors to reach your own conclusions about the cultural, medical, and personal decisions we must face. *-60 min, c1996, 97*

DVD153	WHEN SOMEONE DIES: BEREAVEMENT & LOSS
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This program provides children and teens with information about bereavement and the grieving process. *-30 min, c2003*

DEATH: A PERSONAL UNDERSTANDING (A SERIES)

This series explores a wide range of North American cultural perspectives on death within the context of current issues, including AIDS, death by violence, suicide, assisted suicide, hospice care, end-of-life decision making, and how children react to death. *-30 min ea, c1998, 99*

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| V2805.1 | WHAT IS DEATH? |
| V2805.2 | THE DYING PERSON |
| V2805.3 | FACING MORTALITY |
| V2805.4 | THE DEATHBED |
| V2805.5 | FEAR OF DEATH AND DYING |
| V2805.6 | SUDDEN DEATH |
| V2805.7 | A CHILD'S VIEW OF DEATH |
| V2805.8 | GRIEF AND BEREAVEMENT |
| V2805.9 | DEATH RITUALS |
| V2805.10 | THE GOOD DEATH |

CHAPTER 5: Sleep

Also check out FILMS ON DEMAND located on the Library's web page.

<http://bcc-libweb.bcc.cuny.edu/index.html>

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| V1404.1 | CIRCADIAN RHYTHMS: SLEEP AND DREAMING
(Part of the Teaching Modules: The Brain)
13: Sleep and Circadian Rhythms
14: Sleep: Brain Functions
15: REM Sleep and Dreaming |
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CHAPTER 6: Nutrition

Understanding Nutritional Guidelines; Types of Nutrients

Planning a Healthy Diet

ELEMENTS OF HUMAN NUTRITION (SERIES)**DVD508.1****FATS**

We often think of fat as harmful, but it is actually very important to the body. It is equally important to learn the effects of fats on the body in order to maintain a healthy diet and lifestyle. Why is fat so important to a person's diet? Is all fat bad? Discover the importance of lipids to good nutrition, the differences between various kinds of fat, and how fats relate to vitamins, hormones, energy, and our nervous system. Understand the consequences of consuming certain foods, and how to maintain a healthy, balanced diet. *-21 min, c2009*

DVD508.2**MINERALS**

Minerals are more than squares on the periodic table; they're crucial to our health. Learn the names and functions of minerals, and which foods are the best sources to ensure proper nutrition. Understand the differences between vitamins and minerals, and what defines a mineral as "major" or "trace." Also, see how minerals behave in our bodies once we ingest them, as well as how they react with each other in many vital bodily functions. *-27 min, c2009*

DVD508.3**VITAMINS**

Our main source of vitamins is the food that we eat. This video teaches the basics about these essentials to human nutrition. Learn what vitamins are, and how they keep us healthy. Get tips on the best ways to get all the vitamins you need. Explore the latest research about the dangers of "overdosing" on vitamins. Understand the signs of a vitamin shortage in your body. Discover whether vitamins can stop cancer, slow aging, or boost energy. And learn if we should take vitamins to counter stress, illness, or that "run down" feeling. *-25 min, c2009*

DVD508.4**WATER**

Learn what water does for the body, from cell structure and joint lubrication to body temperature regulation and vitamin dissolution. Understand potential problems, such as what dehydration is and can do, and what water contamination means to third world countries and disaster areas. Learn what concerns surround water alternatives like energy drinks and sodas. Get recommendations for water intake daily and during exercise, where we get our water and health regulations for purity, filtrations and additives. *-30 min, c2009*

DVD498**NUTRITION BASICS: THE ABC'S OF EATING RIGHT**

This video talks about the building blocks of good nutrition-water, carbohydrates, protein, fat, vitamins, and minerals. **21 Minutes; c1996; also V3325**

THE OBESITY EPIDEMIC [electronic resource].

Covers statistics of obesity in the U.S. Examines environmental changes that have resulted in increased food availability and decreased opportunities for physical activity. Covers the possible roles of individual responsibility, schools, communities, local governments, and commercial corporations in promoting healthy food choices and active lifestyles.

Centers for Disease Control and Prevention, [2011].

<http://purl.fdlp.gov/GPO/gpo18248>

CHAPTER 6: Nutrition Continued

Planning a Healthy Diet

SALT MATTERS [electronic resource]: preserving choice, protecting health.

Defines excessive intake of salt and its role in disease among Americans. Recommends healthy levels based on age, ethnicity and health profile. Addresses the problem of hidden salt in the American diet and emphasizes the necessity of food selection and palate re-education to ensure healthy levels of salt intake.

<http://purl.fdlp.gov/GPO/gpo6836>

CHOOSING NUTRIENT DENSE FOODS [electronic resource].

Provides a detailed explanation, with examples, of a diet characterized by nutrient-dense food selections, and its importance for older adults.

<http://purl.access.gpo.gov/GPO/LPS121507>

MYPYRAMID [electronic resource]: steps to a healthier you.

<http://purl.access.gpo.gov/GPO/LPS60044>

DVD60**HIGH-TECH FOODS: IS GENETICALLY ENGINEERED FOOD SAFE?**

Fast-tracked by the FDA, GMOs--genetically modified organisms--have already penetrated America's food supply. Are they safe? In this program, NewsHour correspondent Paul Solman looks at both sides of the GMO controversy. Agricultural law professor Neil Hamilton, a nutrition consultant, and an independent corn farmer counsel a conservative approach, while economist Dermot Hayes, of Iowa State University, reacts to unfairness of anti-GMO rhetoric, in which the plants are, in effect, considered guilty until proved innocent. Do the potential benefits of GMOs outweigh the possible risks? -13 min, c2000

DVD23.1**INSIDE TRACT (DISCOVERY CHANNEL SERIES) – 51 min. ea. c2003**

WE ARE WHAT WE EAT (*This program uses a real-life family as a springboard to illustrate how the digestive tract works and to explore the impact of lifestyle on eating habits as well as several case studies of people whose digestive systems have broken down*)

DVD23.2

SYSTEM BREAKDOWN (*When the digestive tract is not well, the entire body suffers. This program focuses on the surgical, pharmaceutical and non-traditional interventions for people with gastrointestinal distress.*)

DVD23.3

THE CHOICE IS OURS (*Emphasizing balance, variety, and moderation, this program offers a wide range of alternatives to the common catch-as-catch can approach to diet.*)

DVD14

UNDERSTANDING EATING DISORDERS (*Eating disorders effect seven to million women and as many as three million men according to the National Institute of Health (2001) This program explores the whys and wherefores.*) - 52 min, c2003

CHAPTER 6: Nutrition Continued

Planning a Healthy Diet

DVD534**FOOD, INC.**

Examines the U.S. food industry, exposing how the nation's food supply is now controlled by a handful of corporations that often put profits ahead of consumer health, the livelihood of the American farmer, the safety of workers and the environment. -*91 min, c2009*

DVD32.2**THE HUMAN BODY: SYSTEMS AT WORK (SERIES)****DIGESTIVE SYSTEM: YOUR PERSONAL POWER PLANT**

(This program examines the processes by which the digestive system acts as a power plant for the body by turning food into energy. Topics include the process of energy conversion, structure and function of the organs of the digestive system, the role of enzymes, and maintaining a healthy digestive system.) - 34 min, c2004

CHAPTER 7: Fitness

What is Fitness? Components of health-Related Fitness; Improving your health Through Moderate Physical Activity....

EXERCISE IMPROVES YOUR QUALITY OF LIFE**(Electronic resource)**

<http://purl.access.gpo.gov/GPO/FDLP1299>

****CHECK FILMS ON DEMAND FOR TITLES RELATED TO CHAPTER 7
ON THE LIBRARY'S WEB PAGE: <http://bcc-libweb.bcc.cuny.edu/index.html> ****

CHAPTER 8: Body Weight And Body Mass**THE FOLLOWING ARE LOCATED ON FILMS ON DEMAND**

<http://bcc-libweb.bcc.cuny.edu/index.html>

Nutrition and Eating Disorders: 25 minutes

1. The Meaning of Food (1:53 minutes)
2. What's Behind Abnormal Eating? (3:29 minutes)
3. Eating Disorders and Body Image (2:28 minutes)
4. **A Healthy Body Weight (2:19 minutes)**
5. Anorexia Nervosa
6. Bulimia Nervosa
7. Binge Eating and other Eating Disorders
8. Confronting Eating Disorders

CHAPTER 8: Body Weight And Body Mass Continued**Nutrition and Weight Management: 25 Minutes**

1. The Obesity Epidemic
2. **What is a Healthy Body Weight?**
3. **Food, Nutrition and Body Weight**
4. **Food, Nutrition and Body Weight: Healthy Choices**
5. **How Many Calories Do You Need?**
6. **The Biology of Body Weight**
7. **Dieting, Exercise, and Maintaining a Healthy Weight**

Managing Your Weight: 29 Minutes

1. Weight Control Issues
2. **Weight and Body Composition**
3. **Harmful Diets and helpful Tips**
4. Emotional Eating and Weight Control
5. **Body Image Throughout History**
6. Eating Disorders
7. Living with Anorexia Nervosa
8. Binge Eating and Counseling for Eating Disorders
9. Healthy Relationships with Food

CHAPTER 9: Body Image

What Shapes Body Image? Disordered Eating and Eating Disorders

DVD366

SLIM HOPES: ADVERTISING AND THE OBSESSION WITH THINNESS

-30 min, c2002

Slim Hopes offers an in-depth analysis of how female bodies are depicted in advertising images and the devastating effects of those images on women's health. Addressing the relationship between these images and the obsession of girls and women with dieting and thinness, the program offers a new way to think about life-threatening eating disorders such as anorexia and bulimia, and a well-documented critical perspective on the social impact of advertising.

V3292

DYING TO BE THIN -60 min, c2000

This video looks at the eating disorders anorexia nervosa and bulimia, current treatments, and the American obsession with thin women. Interviews health experts and models, ballet dancers, and other young women who are seeking recovery or have conquered their disease.

What Shapes Body Image? Disordered Eating and Eating Disorders

DVD499

ARRESTING ANA -25 min, c2009

Sarah, a French college student runs a "pro-Ana" blog, part of a global online community of young women sharing tips on living with anorexia. Valerie Boyer is a passionate French National Assembly legislator proposing a groundbreaking bill to ban these online forums, issuing hefty fines and two-year prison sentences to their members. This documentary offers an unprecedented access into anorexia's hidden underground and considers how legal and free-speech issues are contested in a new media landscape.

DVD347

SHREDDED -21 min, c2005

Explores the damaging lengths to which teenage boys will go to achieve the ideal male body as portrayed by the media

CHAPTER 9: Body Image Continued

What Shapes Body Image? Disordered Eating and Eating Disorders

- DVD236** **KILLING US SOFTLY 3: ADVERTISING IMAGE OF WOMEN**
-59 min, c2002
 Discusses the manner in which women continue to be portrayed in advertising and the effects this has on women's self-image
- DVD526** **KILLING US SOFTLY 4: ADVERTISING IMAGE OF WOMEN**
-45 min, c2010
 An update of her pioneering *Killing Us Softly series*, the first in more than a decade. Jean Kilbourne takes a fresh look at how advertising traffics in distorted and destructive ideals of femininity. The film marshals a range of new print and television advertisements to lay bare a stunning pattern of damaging gender stereotypes--images and messages that too often reinforce unrealistic, and unhealthy, perceptions of beauty, perfection, and sexuality.
- DVD346** **PICTURE PERFECT -40 min, c2007**
 "We are barraged by media images that unrealistically glamorize and sexualize women and girls. This lively and engaging film explores the impact these messages have on young women's physical, psychological and emotional health"
- DVD454** **WET DREAMS AND FALSE IMAGES -12 min, c2006**
 A Brooklyn barber covers his wall with magazine cut-outs of women however when he is introduced to the art of photo-retouching, his perceptions of beauty are called into question. This award winning documentary uses humor to address serious concerns about the marketing of commercial illusion and unrealizable standards of physical perfection.

CHAPTER 10: Alcohol And Tobacco

Understanding Alcohol Use; Who Drinks? Patterns of Alcohol Use;
 Drinking on the College Campus;

- DVD43.2** **ALCOHOL -20 min, c2003; 2001**
 Examines the issues surrounding alcohol use and abuse among young people.

Understanding Alcohol Use; Who Drinks? Patterns of Alcohol Use;
 Drinking on the College Campus;

- V3110** **FEELS SO GOOD (HURTS SO BAD) -28 min, c2001**
 Alcohol, another familiar substance, has devastating effects not only on addicted individuals, but also on family members, friends, and productivity in the work place. Through personal profiles we witness the early impetus towards problem drinking, and the multi-generational consequences of the disease.

CHAPTER 10: Alcohol And Tobacco Continued

Understanding Alcohol Use; Who Drinks? Patterns of Alcohol Use;
Drinking on the College Campus;

DVD368

SPIN THE BOTTLE: SEX, LIES, AND ALCOHOL -92 min, c2004

"By exploring the college party scene, Spin the Bottle shows the difficulties students have in navigating a cultural environment saturated with messages about gender and alcohol."

V2671

ALTERED STATES: A HISTORY OF DRUG USE IN AMERICA

-58 min, c1993

Whether its caffeine, nicotine, or morphine, drugs of choice have defined our lives and history, with sometimes benevolent, sometimes tragic results. This program focuses on the history of America's drug use and abuse, from the days when the early European settlers became enamored of tobacco, through Prohibition, and up to today. The problems we see today existed in other forms and with other drugs throughout our history. The reasons for using drugs have also remained constant: to ease pain, alleviate boredom, or to expand our consciousness. The program traces the patterns of American drug use and abuse and documents the cultural, social, and political movements that impacted, or were impacted by, the use of drugs

BINGE DRINKING (ELECTRONIC RESOURCE) c2010

Atlanta, GA: Centers for Disease Control and Prevention

<http://purl.access.gpo.gov/GPO/LPS121486>

ALCOHOL AND DRUG ABUSE HURTS EVERYONE IN THE FAMILY: IT DOESN'T HAVE TO BE THAT WAY. [electronic resource]

<http://purl.access.gpo.gov/GPO/LPS84598>

TAKING THE ANTI-DRUG (ELECTRONIC RESOURCE) c2007

There are multiple versions of this publication to encourage teenagers to seek help if their parents have drug or alcohol problems. This version depicts a female teenager with the text "Embarrassed. Angry. Ashamed."

V2747.3

SUBSTANCE ABUSE DISORDERS (from *The World of Abnormal Psychology Series*) -60 min, c1991

A video series that covers the spectrum of psychological disorders from simple stress to paranoid schizophrenia. In documentary style, therapists, physicians, and researchers weave their commentary on causal factors, treatments and prognoses around the patients' own stories

SUBSTANCE ABUSE PREVENTION (SERIES) – c2001

(A series on substance abuse, prevention measures and recovery methods)

DVD43.1

TOBACCO - 22 min.

DVD43.3

SMOKELESS TOBACCO: A WAD OF TROUBLE – 30 min.

CHAPTER 10: Alcohol And Tobacco Continued

Understanding Alcohol Use; Who Drinks? Patterns of Alcohol Use;
Drinking on the College Campus;

DVD277 **THE PLAN, THE PLAYERS, CORRUPTION, SILENCE: THE TOBACCO CONSPIRACY** (*The backroom deals of a deadly industry*) – 52min, c2005

CHECK ALSO FILMS ON DEMAND LOCATED ON THE LIBRARY'S WEB PAGE.

<http://bcc-libweb.bcc.cuny.edu/index.html>

CHAPTER 11: Drugs**DRUGS: USES AND ABUSES (SERIES) - c2001**

(Each program discusses the history of individual legal and illegal drugs, the physical and mental effects on the users, and variations of drugs in each classification) and human activity.)

DVD36.1 **SEDATIVES** - 32 min.
DVD36.2 **NARCOTICS** - 29 min.
DVD36.3 **STIMULANTS** - 39 min.
DVD36.4 **PSYCHEDELICS AND HALLUCINOGENS** - 29 min.
DVD36.5 **INHALANTS** - 20 min.
DVD36.6 **THC** - 30 min.
DVD36.7 **PCP AND KETAMINE** - 17 min.
DVD36.8 **STEROIDS** - 24 min.

DVD220 **THE METH EPIDEMIC** – 60min, c2006
DVD431 **FOO – FOO DUST: MOTHER, A SON, CRACK AND HEROIN** (*A tale of love and addiction*) – 37min, c2003

V2843 **SUBSTANCE MISUSE** (*stimulants, depressants, and hallucinogens*)
- 30 min, c1994

V3150 **ECSTASY & GHB** – 18 min, c2001

CHECK ALSO FILMS ON DEMAND LOCATED ON THE LIBRARY'S WEB PAGE.

<http://bcc-libweb.bcc.cuny.edu/index.html>

CHAPTER 12: Relationships And Sexual Health Continued

Relationships: Connection and Communication

BREAK THE SILENCE, STOP THE VIOLENCE (Electronic Resource)

Atlanta, GA : Centers for Disease Control and Prevention, [2008].
<http://purl.access.gpo.gov/GPO/LPS117430>

DVD26.1 HUMAN SEXUALITY: A CONTEMPORARY GUIDE (SERIES) UNDERSTANDING HEALTHY RELATIONSHIPS AND SEXUALITY

-29 min, c2001

V2687 THE CHEMISTRY OF LOVE (Straight Talk w. Dereck McGirty)

-60 min, c1997

DVD455 THE PRICE OF PLEASURE: PORNOGRAPHY, SEXUALITY & RELATIONSHIPS -56 min, c2008

This eye-opening and disturbing film places the voices of critics, producers, and performers alongside the observations of men and women as they candidly discuss the role pornography has played in shaping their sexual imaginations and relationships.

DVD569 THE SECRET -91 min, c2006

Documentary-style film about manifesting and using the Law of Attraction to create whatever you want in your life. Helps you understand how important it is to consciously choose the thoughts you hold each day and to keep your thoughts and actions focused on what you really want to attract into your life.

V3573 O.COM: CYBERSEX ADDICTION -57 min, c2005

This startling documentary reveals how the internet contributes to alienation, especially in the area of human sexuality. In North America alone, more than 8 million people pursue sex online at least 11 hours a week. The internet has actually removed touch and human contact from sex.

V3037 MEN ARE FROM MARS, WOMEN ARE FROM VENUS, BUT WE LIVE ON EARTH -88 min, c1999

John Gray, author of Men are from Mars, women are from Venus, applies his theories to six couples in real-life situations and attempts to create more satisfying and harmonious relationships.

V2432.4 LOVE, INTIMACY AND SEXUALITY (Growing Old in a New Age) -60 min, c1993

V2494 SEXUALITY AND AGING – 59 min, c1987

V2533 THE DIFFERENCES BETWEEN MEN AND WOMEN – 30 min, c1995

V2686 FINDING OUR WAY--MEN TALK ABOUT THEIR SEXUALITY -41 min, c1989

V2651 MAN TO MAN: EXPLORING THE MYTHS OF MANHOOD – 28 min, c1998

CHAPTER 13: Reproductive Choices

Choosing a Contraceptive Method

V1462 **REPRODUCTIVE SYSTEMS** – 20 min, c1988
V1743 **THE MALE (The Human Body)** – 28 min, c1993

DVD26.2 **HUMAN SEXUALITY: A CONTEMPORARY GUIDE**
CONSIDERING BIRTH CONTROL, PREGNANCY AND CHILDBIRTH
OPTIONS (*Regardless of whether it's planned or an unexpected surprise, parenthood is a responsibility that requires the utmost consideration. This program explores the subject of family planning, from birth control options, to pregnancy, to the basics of childbirth.*) - 29 min, c2001

DVD105 **3 GIRLS I KNOW** (*intimate stories about young women, teen sexuality, pregnancy and HIV/AIDS* - 54 min, c2004

DVD738.2 **CONTRACEPTION: KNOW YOUR OPTIONS**
(From the Women's Health Series) -30 min, c1993

V2819 **PATTERNS OF INHERITANCE: UNDERSTANDING GENETICS**
-33 min, c1993

V1436 **THE NEW WOMB** (*In vitro fertilization*) – 24 min, c1983

DVD738.4 **INFERTILITY: THE NEW SOLUTIONS** – 30 min. c1993

CHAPTER 14: Infectious Diseases

The Process of Infection

DVD240 **INFECTION: A HISTORY Kill or Cure: A History of Medical Treatment**
-51 min, c2004

Traces the battles fought against humanity's oldest foes: diseases such as yellow fever, malaria, syphilis, cholera, smallpox, tuberculosis, polio, and perhaps the deadliest pandemic of all, AIDS. Also addresses the growing problem of antibiotic resistance.

DVD284 **HOW SAFE ARE WE?** -57 min, 2006
During the past 100 years, life expectancy more than doubled in developed countries. In the last few decades, however, 30 new infectious diseases have emerged. Examine the most critical threats we face today, including avian flu.

DVD114 **MOSQUITO NIGHTMARE** -26 min, c2002
A case study of New York City's 1999 outbreak of the West Nile virus, an organism carried by birds and transmitted to humans by mosquitoes. This study highlights how doctors and infectious disease experts raced to determine the identity of this microscopic invader

CHAPTER 14: Infectious Diseases Continued

The Process of Infection

V3135 **BASIC IMMUNOLOGY** -38 min, c1994**CHAPTER 15: Cardiovascular Health**

Cardiovascular System

DVD33.1 **COPING WITH ILLNESS (SERIES)** - c2001
REDUCING THE RISKS OF CARDIOVASCULAR DISEASE
(This program begins with a concise overview of how the heart and circulatory system function and why a healthy heart is important to overall bodily health.) - 27 min.

V2305 **HYPERTENSION: THE SILENT KILLER** – 24 min, c1995**V2889** **NUTRITION & EXERCISE: FACTS TO LIVE BY** (heart disease)
-20 min, c1995**V3154** **HOW TO BEGIN A NEW HEALTHIER LIFE: HEART OVERVIEW**
– 28 min, c1999**DVD140** **CHOLESTEROL TIME BOMB** – 25 min, c2004

DVD301 **HEART DISEASE IN AMERICA: THE HIDDEN EPIDEMIC**
-96 min, c2006
Heart disease has become the number one killer in the U. S., and while there is currently no cure, doctors are learning where it starts, how it happens, and how that information can help us.

CHAPTER 16: Cancer

What is Cancer?

DVD33.2 **DEALING WITH CANCER**
(After introducing a broad topic of cancer, this program narrows its focus to scrutinize breast, cervical prostate, testicular, lung and skin cancers. Symptoms and steps to reduce the risk of contracting these diseases are identified.) - 29 min.

V2679.3 **PROSTATE CANCER** (At Time of Diagnosis) – 30 min, c1996**V3082** **TESTICULAR CANCER AND THE IMPORTANCE OF TSE** – 9 min, c2001

DVD33.3 **LIVING WITH TODAY’S MALADIES**
(This program examines symptoms and risk factors associated with a wide variety of maladies as well as the stresses of modern living.) - 29 min.

CHAPTER 16: Cancer

What is Cancer?

- DVD150** **COLON CANCER: THE POWER OF PREVENTION** (*One of the most deadly forms of cancer is also one of the most preventable. In this program, doctors from the University of Pennsylvania School of Medicine, Vanderbilt-Ingram Cancer Center, Memorial Sloan- Kettering Cancer Center and else where focus on three case studies of senior citizens with colon cancer to explore the etiology and pathology of colon cancer, risk factors, and screening options.*)
-24 min, c2003
- DVD209.4** **CURING CANCER (DNA SERIES)** – 57min, c2003
- DVD136** **MANAGING INFLAMMATORY BOWEL DISEASE** – 30 min, c2003
- DVD62** **DEADLY NEIGHBORHOODS: CANCER CLUSTERS** – 24min, c2003
- DVD63** **SILENT KILLERS: MOLD, BLOOD CLOTS, CARBON MONOXIDE, AND ASBESTOS** – 44min, c2004

CHAPTER 17: Injury & Violence

Injury: Creating Safe Environments

- DVD532.1** **RULES OF THE ROAD: Comprehensive Interactive Driver’s Ed Course.**
DVD532.2 An interactive driver education course aimed at teens. Includes quizzes at the end of each section, road sign tests, practice exams, a virtual driver feature, and graphics that show difficult maneuvers such as parallel parking from up to 6 different angles.
-192 min, c2008
- V3342** **ROAD RAGE and AGGRESSIVE DRIVING: A View from the Driver’s Seat**
-20 min, c1998
This program looks at road rage and aggressive driving from the driver’s perspective. Viewers learn what to do if they are the object of an enraged driver and how to avoid becoming enraged themselves. Unintentional actions such as driving too slowly, blocking the passing lane, cutting off another driver, or tailgating can all lead to road rage. Knowing what to do if confronted by a person who is enraged can mean the difference between life and death. Road rage tragedies can be prevented by adopting a cooperative driving attitude and giving other drivers the benefit of the doubt.
- V3341** **MODERN DRIVING HAZARDS** -19 min, c2000
Discusses road rage and the safe use of communication devices (cell phones, computers, and fax machines) while operating a motor vehicle

Recreational Safety, Home Safety, Work Safety and Natural Disasters topics can be found in CUNY+, the online catalog and Films on Demand.

CHAPTER 17: Injury & Violence Continued

Violence: Working Toward Prevention

DVD550**Bullied: A Student, a School and a Case that made History -38 min, c2010**

The story of Jamie Nabozny. His ordeal began in 6th grade and only got worse in high school. Years of unrelenting bullying took its toll. But Jamie decided to take a stand - against the bullying he endured and the bullying that he knew other students endured. He went to court and fought for the right to be safe at school, even if you are gay. His inspiring story offers hope for the millions of gay and lesbian students who still don't feel safe at school."

Other videos on this topic can also be found in CUNY+, the online catalog and Films on Demand.

V3368**WORKPLACE VIOLENCE: I could have saved a Life that Day***-15 min, c2003*

Tells the story of an employee who failed to take action when witnessing the warning signs of impending workplace violence. His decision to look the other way not only ended in the senseless death of a co-worker, but also resulted in a fellow employee spending the rest of his life behind bars. Viewers will also see how the behavior of other key characters contributed to the escalation of events that led to the shooting.

V3369**VIOLENCE IN THE WORKPLACE -10 min, c1995**

Defines violence in the workplace and points out that violence is the second biggest cause of workplace deaths. Indicates early warning signs that may indicate a person who could become violent and discusses general points on violence protection, who is at most risk, and personal security

V3260**Preventing School Violence -29 min, c2002**

With bullying, sexual harassment and credible death threats on the rise, school is becoming less about learning and more about fear. This program thoroughly examines violence among children and teens of both sexes.

V2847**THE KILLER AT THURSTON HIGH -90 min, c2000**

Frontline takes a measure of the new national dilemma of kids killing other kids in school through a detailed, intimate journey into the life of one high school shooter.

DVD21**A HARD STRAIGHT: A Documentary about doing time on the outside***-74 min, c2004*

Shot on location in Los Angeles and San Francisco over a period of two years, producer Goro Toshima documents the successes and failures of three prison parolees.

CHAPTER 17: Injury & Violence Continued

Violence: Working toward Prevention Continued

DVD634**HOW CONTEMPORARY CULTURE CREATES SEXIST MEN:
THE BRO CODE -58 min, c2011**

Filmmaker Thomas Keith takes aim at the forces in male culture that condition boys and men to dehumanize and disrespect women. Keith breaks down a range of contemporary media forms that are saturated with sexism -- movies and music videos that glamorize misogyny; pornography that trades in the brutalization of women; comedy routines that make fun of sexual assault; and a slate of men's magazines and cable TV shows whose sole purpose is to revel in reactionary myths of American manhood. The message he uncovers in virtually every corner of our entertainment culture is clear: It's not only normal -- but cool -- for boys and men to control and humiliate women. By showing how there's nothing natural or inevitable about this mentality, and by setting it against the terrible reality of men's violence against women in the real world, *The Bro Code* challenges young people to step up and fight back against the idea that being a real man means disrespecting women.

DVD526**KILLING US SOFTLY 4: ADVERTISING IMAGE OF WOMEN***-45min, c2010*

An update of her pioneering *Killing Us Softly* series, the first in more than a decade. Jean Kilbourne takes a fresh look at how advertising traffics in distorted and destructive ideals of femininity. The film marshals a range of new print and television advertisements to lay bare a stunning pattern of damaging gender stereotypes--images and messages that too often reinforce unrealistic, and unhealthy, perceptions of beauty, perfection, and sexuality.

DVD565**THE LINE: WHERE IS THE LINE OF CONSENT -24 min, c2010**

A documentary about the terrible personal reality of rape and sexual violence and the more complicated and ambivalent ways sexual assault often gets framed and understood by the wider culture.

DVD563**THE CODES OF GENDER: IDENTITY & PERFORMANCE IN
POPULAR CULTURE -74 min, c2009**

Sut Jhally applies the theories of sociologist Erving Goffman to contemporary advertising and how it communicates ideas about gender.

DVD455**THE PRICE OF PLEASURE: PORNOGRAPHY, SEXUALITY &
RELATIONSHIPS -56 min, c2008**

This eye-opening and disturbing film places the voices of critics, producers, and performers alongside the observations of men and women as they candidly discuss the role pornography has played in shaping their sexual imaginations and relationships.

CHAPTER 17: Injury & Violence Continued

Violence: Working toward Prevention Continued

- DVD428** **MEN ARE HUMAN, WOMEN ARE BUFFALO: VIOLENCE AGAINST WOMEN IN THAILAND** -29 min, c2008
A country that is promoted to western tourists as a fairytale land of beautiful beaches, pristine countryside, cheap vacations, and a thriving sex trade industry, Thailand is also one of the developing countries with the highest incidence of violence against women. Approximately 44 percent of women in Thailand have indicated that they have suffered sexual, physical, and emotional abuse by a partner or a stranger.
- DVD368** **SPIN THE BOTTLE: SEX, LIES & ALCOHOL** -92 min, c2004
Exploring the college party scene, Spin the Bottle shows the difficulties students have in navigating a cultural environment saturated with messages about gender and alcohol.
- V2911** **ASSAULT ON GAY AMERICA: THE LIFE AND DEATH OF BILLY JACK** -60 min, c2000
In the telling of the life and death of Billy Jack Gaither, explores the roots of homophobia in America and asks how these attitudes, beliefs and fears contribute to the rise in violence against gays in many cities across the United States.
- V3219** **DREAMWORLDS 2: DESIRE/SEX/POWER IN MUSIC VIDEO**
-57 min, c1995
A controversial video that MTV tried to ban. Portrays the impact that sex and violence in media have on society and culture in our everyday life. Shows scenes from over 165 music videos to show how the media portrays masculinity, femininity, sex, and sex roles. Includes a scene of a brutal gang rape from the movie, *The Accused*.

CHAPTER 18: COMPLEMENTARY AND ALTERNATIVE MEDICINE

Approaches to Health Care

- RX FOR SURVIVAL: A GLOBAL CHALLENGE, A THREE PART SERIES**
At the dawn of the 21st century, the health of the world is at a critical crossroads. Malaria, tuberculosis, and other diseases virtually eliminated from developed countries routinely claim millions of lives in developing nations. More than 40 new or emergent diseases like Ebola fever, SARS, West Nile virus, and avian flu have appeared within the last 30 years. Strains of "superbugs" resistant to our best drugs mystify modern medicine, while HIV/AIDS still lacks a vaccine and continue to ravage the world....Why has it taken so long to avert a health crisis that has been preventable for decades?
- DVD211.1** **DISEASE WARRIORS; RISE OF THE SUPERBUGS** -112 min
DVD211.2 **DELIVERING THE GOODS; DEADLY MESSENGERS** -112 min
DVD211.3 **BACK TO THE BASICS; HOW SAFE ARE WE?** -112 min

CHAPTER 18: Complementary & Alternative Medicine Continued*Approaches to Health Care*

- DVD 284** **BIRD FLU: HOW SAFE ARE WE?** -57min, c2006
During the past 100 years, life expectancy more than doubled in developed countries. In the last few decades, however, 30 new infectious diseases have emerged. Examine the most critical threats we face today, including avian flu.
- DVD678** **MONEY DRIVEN MEDICINE: WHAT AILS AMERICAN HEALTHCARE AND HOW TO HEAL IT** -86 min, c2009
Money-Driven Medicine reveals why comprehensive healthcare reform remains the challenge of the years ahead and points to paths for the future. Doctors and health researchers show how the movement for patient-centered, accountable care can be carried into classrooms, hospitals, doctors' offices and community forums across the country.
- THE NATURE OF HEALING (SERIES)**
-60 min ea, c1996
- V2677.1** **ACUPUNCTURE & MEDITATION**
V2677.2 **MOVEMENT THERAPIES & HOMEOPATHY**
V2677.3 **MAGNETIC THERAPY & MASSAGE**

Other electronic sources and media on this subject matter can be found in CUNY+, the online catalog and Films on Demand.

CHAPTER 19: Environmental Issues

Water and Water Quality

- V3124** **NEW TECHNOLOGIES FOR CLEANUP OF SOLVENTS IN SOIL AND GROUND WATER.** (15 minutes, c1989)

Other electronic sources and media on this subject matter can be found in CUNY+, the online catalog and Films on Demand.

Air and Air Quality

- V1521.1** **THE GLOBAL ENVIRONMENT (SERIES)** -c1990
IN THE SHADOW OF THE CITY
Depicts differences in city life between developed and Third World countries. Uses Bombay, India to show the stark contrasts of well-developed cities and poor urban areas where the basics of food, shelter, utilities, and sanitation most westerners take for granted are considered luxuries. (19 minutes)
- V1521.2** **WHAT'S ON TAP**
Life cannot exist without clean water and this is the point of the program, and the crux of the problem currently facing the world.

CHAPTER 19: Environmental Issues Continued

Air and Air Quality

- V1521.3** **THE GLOBAL ENVIRONMENT (SERIES)** -c1990
THE GREENHOUSE EFFECT
 Examines the world's changing climate and what can be done about the greenhouse effect.
- V1521.4** **A BREATH OF FRESH AIR**
 Displays the damages humankind has done on planet earth. Also reveals various steps being taken to reach a sustainable balance between human and environmental needs.
- V1521.5** **THE TROUBLED SEA**
 Shows how modern science can help alleviate some of the pressures placed on sea life by over-fishing and water pollution. Discusses what's being done to save our waters.

Waste Management

- OUR URBAN ENVIRONMENT: SOLID WASTE MANAGEMENT (SERIES)** -c2001
- V3406.1** **BUSINESS AND RESIDENTIAL RECYCLING AND WASTE MINIMIZATION** -49 min.
 Discusses two methods for easing landfill needs: recycling and waste minimization.
- V3406.2** **MANAGING GREENWASTE AND SPECIAL WASTE** -49 min.
 This offers a comprehensive look at the issues and options that all cities must consider when developing an integrated solid waste management policy. Includes discussions of the constituent parts of the municipal solid waste stream and what is done with them, the "three Rs," and composting.

Ecosystems and Biodiversity

- DVD403** **LIVING WITH NEW YORK BLACK BEARS: AN INSIDE LOOK AT THE MYSTERIOUS WORLD OF BLACK BEARS** -60 min, c2007
 This video takes a look at the history of the black bear in its struggle to survive taming of the landscape. Explore the biology that allows the bear to carve out their unique niche in the dwindling ecosystem. Learn how to share your neighborhood and recreation areas responsibly. Learn how to avoid and react to all types of black bears
- V1933** **RAIN FOREST** -60 min, c1993
 Showcases the rare beauty and rich variety of plant and animal life found in a Costa Rican rain forest. Also examines the impact of man's exploitation of the rain forest on this fragile ecosystem.

CHAPTER 19: Environmental Issues Continued

Energy Resources

- DVD21.1** **ENERGY: NATURE’S POWER SOURCE** *-35 min ea, c2003*
DVD21.2 **MECHANICAL, THERMAL AND LIGHT ENERGY**
CHEMICAL, ELECTRICAL, AND NUCLEAR ENERGY
 Energy is the capacity to produce power. Where does it come from, and how is it used? This illuminating two-part series provides a solid grounding in the basics of potential and kinetic energy while promoting a healthy awareness of the pros and cons associated with energy generation. The applications of energy to industrial, commercial, residential, and transportation needs are presented, as well as the advantages and disadvantages of the various sources of renewable and exhaustible energy, the impact of energy generation on the environment, estimates of the world’s remaining supplies of energy-producing materials, and the importance of conservation
- DVD235** **AN INCONVENIENT TRUTH: A GLOBAL WARNING** *-96 min, c2006*
 Al Gore explains the contributing factors to the growing climate crisis, describes changes to the environment caused by global warming, and discusses the shift in environmental policy that is needed to avert disaster.
- DVD118** **MALPRACTICE AND THE MEASURE OF HUMAN SUFFERING**
- 23min, c2004